ILAN HALFON

Wellness Coaching

How To Create Your Menu

Create your magic with your food choices!

After watching the video, you have learned the value and importance of proper eating. You also learned that the best way to follow a system is by creating it yourself with the level of commitment you have at the time you are creating it.

This presentation / worksheet is all about helping you making it.

So let's begin.

First step, is creating a strong solid structure:

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
What time this meal will take place from the moment you wake up?	What time this meal will take place from the moment you started the prior meal?	Metch times to the amount of meals you are having in a day.	As talked about in the video, we strive to give ourselves at least 3 hours between meals.	What time this meal will take place from the moment you started the prior meal?	What time this meal will take place as the last meal of the day. Give yourself 2 hours prior to bedtime.

- For now, let's set the times and how many meals each day are you planning on having. On more active days you might want to consider having an extra meal.

Quote to memorise:

“I am what I think,
I am what I eat,
I choose both wisely.”

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Understanding your body’s needs.

How much do I need

Although I am not pro on counting calories, for many people it is still very important, and maybe you are one of them, here is a formula that can help you calculate the macronutrient for yourself, please be advised that this is not instead of professional nutritionist, it is simply to give you an extra tool to use:

Here is Harris Benedict equation for BMR

For men:

66.47 + 13.75 X KG + 5 X cm – 6.76 X age

For women:

655.1 + 9.56 X kg + 1.8 X cm – 4.68 X age

For Example:

A woman who is 36 years young and weigh 59 kg 168cm height will need:

655.1 + (9.56 X 59) + (1.8 X 168cm) – (4.68 X 36) age =

1353.06 calroeis

That will be the basic nutrient this person will need to live. It does not include any kind of activities this person might be doing during the day, not mentioning exercise.

This could be simply be divided into

55-60% carbohydrates

20% Proteins

20-25% fats.

AGAIN, JUST AN EXAMPLE

Or you can start with the calculation of

0.8 gram of proteins per one kg of body which is the basic recommendation needed, for a person who exercise.

1 g is more recommended for example:

1g X 59 = 59 g of proteins

1 g protein equal to 4 calories

1 g of carbs equal to 4 calories

1 g of fat equal to 9 calories

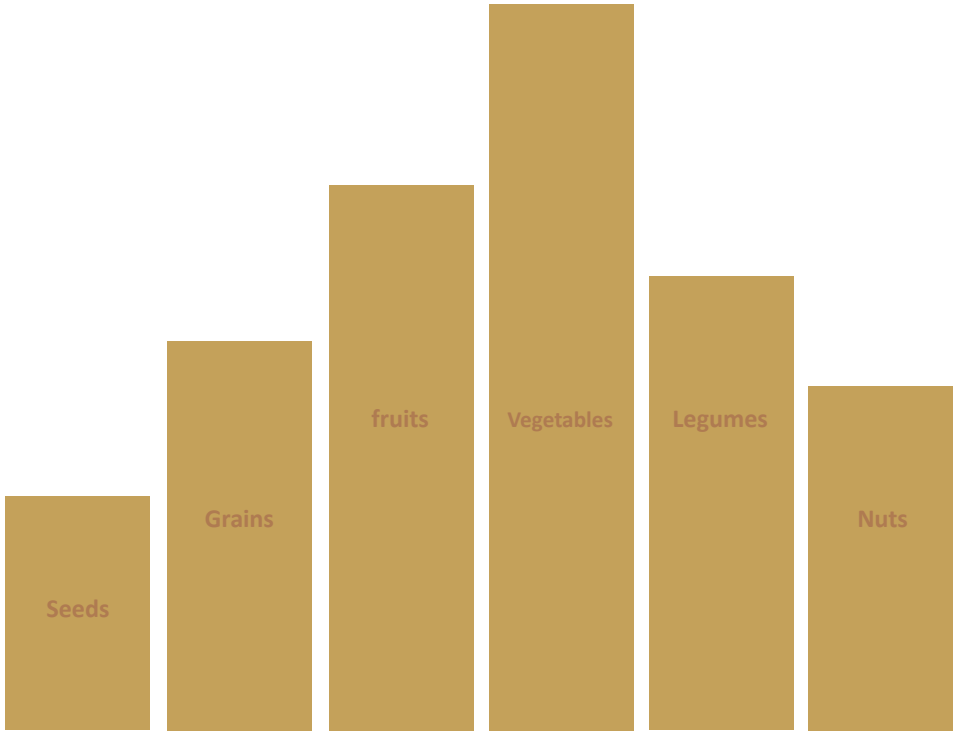
So: 59 X 4 = 236 calories of proteins which is 17% of proteins, then we can just add 55% - 60 % of carbs and remaining will be fats. This is just another example or way to calculate

Another option to explore:

Forget about calculating calories and focus on creating a whole food based menu.

Legumes, grains, seeds, nuts, vegetables, fruits.

Choose your favourites and start build your menu. Here is some helpful tools.



To name few for your shopping list:

Vegetables:	Carrot, broccoli, kale, peppers, eggplant, cabbage, cauliflower, sweet potato, potato, onion, garlic, spinach, fennel, pumpkin.
Fruits:	Bananas, apples, pairs, oranges, kiwi, pineapple, berries, melon, grapes, dates, mango.
Legumes and grains:	Chickpeas, beens, lentils, soybeans, rice, quinoa, nutmeg, millet, oats, amaranth, barley, buckwheat.
Nuts and Seeds:	Almonds, peanuts, cashews, pistachios, pecans, walnuts, pumpkin seeds, sunflower seeds, chia, flex, hazelnuts, brazilian nuts, macadamia nuts, sesame seeds.

Plant based protein sources:

All types of legumes are rich with protein, carbs, minerals, and vitamins. For me, legumes are a primary source of protein. Either I am having them sprouted or cooked. It is very important to mix a few types of legumes into your diet in order to achieve proper protein requirements.

Adzuki beans, navy beans, Boston beans, faba beans, black beans, black eye beans, turtle beans, pinto beans, red beans, soybeans or edamame. As for quantities of this one, will have one cup cooked normally it will be 1/4 cup uncooked.

Plant based complex carbohydrates sources: All types of grains are a high source of carbohydrates. They are also rich in minerals, vitamins, and proteins. Amaranth, barley, buckwheat, quinoa, kamut, millet, spelt, black rice, oats, teff, wild rice, sweet potato, are all excellent choices.

Plant based simple carbs: For this it is hard to recommend the exact quantities**.** Probably 2-3 fruits a day. The best time to have them is right after a workout. They are also great to have as part of your morning GREEN smoothie. Aim to have 70% veggies, 30% fruit. Banana, mango, peach, dates, apricot, melon, watermelon, pear, grapes are good sources of simple carbs.

Plant based fat sources: in moderation.

Nuts and seeds are an excellent source of fat, plus they have the benefit of also being rich in protein. Flax seeds, chia seeds, hemp seeds, pumpkin seeds, sunflower seeds, cashews, almonds, peanuts, pecans, walnuts, tahini, avocado, nuts butters.

Plant based Minerals and vitamins: Veggies are our best source, but fruits and really, all of the above are good sources of vitamins and minerals. Be sure to include lots of greens and blacks veggies and fruits.
Kales, spinach, collard, parsley, cilantro, celery, mint, cabbage, fennel, broccoli, lettuce, cauliflower, cucumber, blackberries, blueberries, are all excellent sources.

It is also highly important to maintain vitamin B12 levels in the body. Luckily, the body holds B12 up for 6 months approximately; but why wait? By consuming some seaweed (like dulse seaweed) or nutritional yeast, in your weekly menu, you will maintain B12 levels. Some of the nut milks are rich with b12 as well.

Of course, it is always very important to sleep well and consume sufficient water.

Building your menu:

Please write down, 3 different options that you can have as breakfast, you can add more than 3, since most likely, you will chose from here, for your first and potentially second meal.
Example:
Breakfast smoothie: Banana, apple, carrot, peanut butter, ginger, spinach, dairy free milk.

Please write down, 3 different options that you can have as lunch, you can add more than 3, since most likely, you will chose from here, for your third and potentially fourth meal.
Example:
Grilled tofu, baked broccoli and mashed potatoes with chopped salad.

Please write down, 3 different options that you can have for dinner, you can add more than 3, but, it is easier to follow with less options.
Example:
Quinoa salad with chopped apple and dry cranberries. Chickpeas tabouli salad.

Now you are ready to create a weekly, bi-weekly, even monthly, meal plan.

Nuts and seeds are great source for healthy fats and proteins.

Legumes and grains, your perfect source for complex carbohydrates and proteins. Loaded with fibers, minerals and deliciousness.

Vegetables, your way to add some hydrations, fibers, “cleansing” and flavours to your plate.

Your best option for boosting up on your energy, for fulling your body with abundance of minerals and vitamins.